



# **Nine Secrets Of Happiness**



- ✦ **Stay Flexible**
- ✦ **Live in the Moment**
- ✦ **Make happiness your mantra!**
  
- ✦ **Be generous**
- ✦ **Take responsibility**
- ✦ **Find positive in problems  
and disasters**
  
- ✦ **Be centered**
- ✦ **Know thyself**
- ✦ **Tell the truth**

**Greg Hicks & Rick Foster**  
***How We Choose to Be Happy, 1999***